# EAT RIGHT

## TO WORK AND WIN

Contributed by Swift & Company to America's All-Out War Effort through the National Nutrition Program.

OFFICE OF DEFENSE HEALTH AND WELFARE SERVICES

Comic characters donated by King Features Syndicate.

# NUTRITION

**To Americans,**
**and especially to American housewives:**

*A nation must be strong and healthy to meet the demands of war. Improvement of the health and strength of every American citizen calls for (first) the production of adequate food supplies and (second) the proper and scientific use of this food. The proper use of food goes beyond mere consumption. It means balanced meals designed to include the foundation foods necessary for the health of every person.*

*This interesting booklet, financed and produced by Swift & Company and illustrated through the generosity of King Features Syndicate, is entertaining and educational in its approach to better nutrition. It is published in the interest of greater understanding of correct eating habits.*

*The Office of Defense Health and Welfare Services is responsible for the development of the National Nutrition Program in which Federal, State, and local agencies, official nutrition committees, private organizations, and industry are all cooperating. The medium through which these groups carry this program to their communities is the nutrition committee of each of OCD's 10,000 local defense councils*

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# Blondie Gets a Sandwich . . by Chic Young

FOR HEAVEN'S SAKES, DAGWOOD --- WHAT ARE YOU DOING WITH ALL THAT FOOD?
BLONDIE, HERE IS THE WORLD'S GREATEST SANDWICH -- PROTEINS, VITAMINS AND ALL THE REST UNDER ONE ROOF!

STOP, look, and listen, lady. We're talking to you. Your job—the job of America's housewife today—is to help make America the strongest nation on earth; that is necessary for Victory.

You can do it in *your own kitchen,* just by knowing and serving the right amounts and kinds of food.

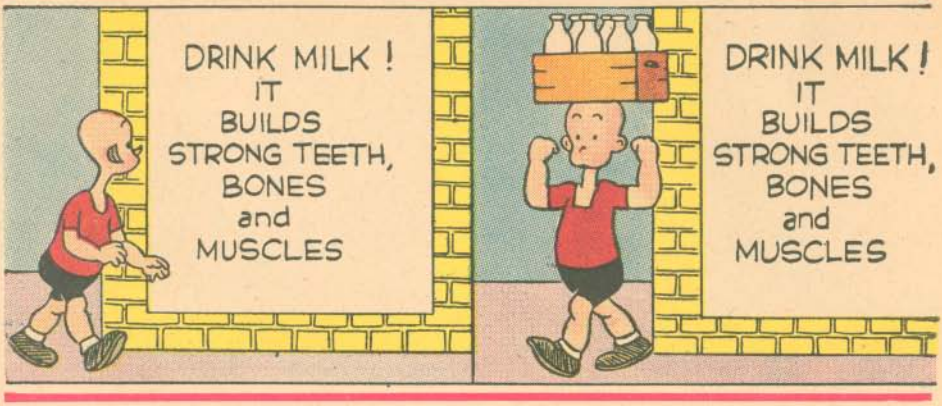
We have plenty of food. We know HOW it can be used to help win the war. We need only the help of housewives who are willing to put together these two factors—food plus a sound knowledge of how to use it—and we can make our nation stronger. *Are you game* to lend a hand?

You're not? You think the food that was good enough for Grandpa is good enough for you and your family? Look. Grandpa ate what he could get. If you think he wanted to eat nothing but hoecake and molasses, you don't give him credit for plain horse sense. But you say

**PROTEINS** are the building blocks of muscle, skin, hair, and organs of the growing body, and are necessary to replace the day-to-day wear and tear on the body. They are found chiefly in meat, poultry, fish, milk, cheese, eggs, dried beans, and peas.

IN PLANNING YOUR MEALS USE CHART ON PAGES 8 AND 9

Henry . . . . . by Carl Anderson




Junior hates spinach, and friend husband won't eat salads even if they're topped off with apple pie and cheese? And, furthermore, your family's eating habits are O. K., and it's a lot of bother to try out new dishes on them—and wasteful besides, if the family doesn't happen to like them? Listen, madam: that's exactly where your job comes in. *We know* that you can lead the family to a dinner table loaded with the right foods and still not be able to make them eat—if you go at it the wrong way. We also know that, with a certain amount of feminine tact mixed with patience and good humor, you can make them eat healthily, and love it.

You can make it a game. And the whole family will have fun at it.

At first it may take as much patience as it does to feed a baby. You'll agree that as a nation we've got a pretty good grip on raising *healthy babies.*

We take it for granted now that a baby has to have the right food to grow strong and that each new food has to be offered to him with more or less diplomacy. You can't just say, "Here, this is good for you." One

"DR. ZARKOV--WHERE DOES FLASH GET HIS AMAZING HEALTH AND VITALITY?"
"BY EATING THE FOODS THAT MAKE HIM STRONG!"
"DR. ZARKOV IS RIGHT--THE ANSWER IS PLENTY OF MEAT AND OTHER GOOD FOODS!"

day you mix a little cereal with the young man's milk and offer it to him with a *cheerful grin,* and His Highness looks doubtful and sometimes spits it right back at you. You do the same thing the next day and twinkle at him; and, by the day after, he's taking his cereal like a man.

Then you serve him a little strained vegetable before his cereal, and he looks inclined to kick like a steer, but presently he's taking that like a man, too—well, like some men—and demanding more. Finally, he gets a little meat—and then he's off to a glowing start. Watch him eat and sleep and laugh! *Envy him?* Of course, but you needn't. You and the whole family can feel that way, too—if you'll eat just as sensibly.

Look about you at the evidence on every hand of what proper eating does. Junior is taller and huskier than his dad—millions of juniors are. Mary Jane is taller than Mother. (She's got bigger feet, too, but don't mention it.) The chances are, both Junior and Mary Jane will live longer than their parents, if

**FATS** such as butter, margarine, lard, shortening, suet, and oils are foods which furnish the most energy to the body.

IN PLANNING YOUR MEALS USE CHART ON PAGES 8 AND 9

CASPER, I WISH YOU'D GIVE UP THE IDEA OF HAVING A BAR IN THE RECREATION ROOM!
YEAH, BUT WAIT'LL YOU SEE IT!
ORANGE JUICE
TOMATOE JUICE
GRAPEFRUIT JUICE
SOME CLASS, EH?

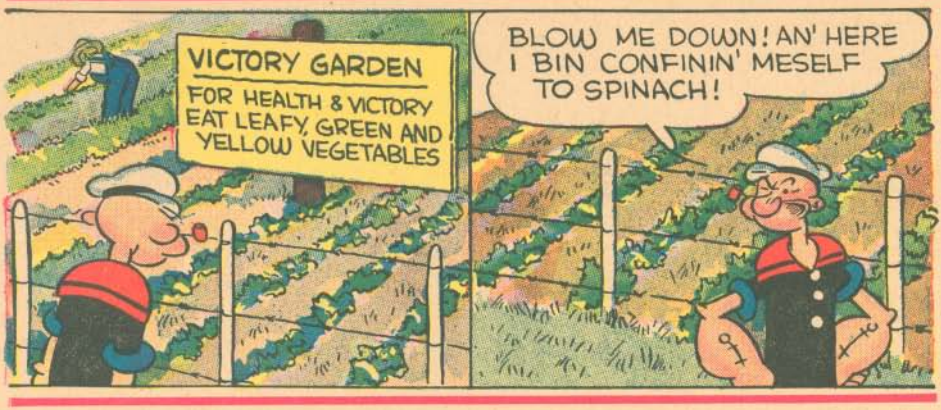
they go on eating right. They'll have more fun every year of their lives. They'll have the high courage it takes to meet our war problems today, and the clear heads and strong hearts to remake a war-torn world. *They'll have what it takes.*

Look at the men in our new Army. Not all of them got the kind of care as babies that we've just described. And do you remember how they looked when they first got into uniform?

And did you say to yourself, perhaps, "They don't look like soldiers—yet." Well, look at them now—anywhere. *Bronzed and tough* and handsome; keen-eyed and with the dignity of men who know what their job is, and why. No; right-eating hasn't been the only reason for the change. But right-eating has been a *basic* reason. The Army knows that you can't build men with just any kind of food. And you can't build a family or a nation that way, either. You either eat right and *live*, or you eat wrong and wonder why you have that dull head or that backache; why the wrinkles are beginning to show up so soon. It's as simple as that.

Try out a good eating program on your own family.

## PLAN YOUR MEALS BEFORE YOU BUY


VICTORY GARDEN
FOR HEALTH & VICTORY EAT LEAFY, GREEN AND YELLOW VEGETABLES
BLOW ME DOWN! AN' HERE I BIN CONFININ' MESELF TO SPINACH!

*Do it selfishly* at first, if you like; because you want your family to be happy and successful; because they can't be either happy or on their toes if they aren't stoked with the right kind of food fuel. Do it, knowing that it's your job and that it will take more skill than perhaps you've ever before devoted to the job of cooking. Do it for the fun of watching them perk up and enjoy life more. Do it, finally, because if you don't you are going to have trouble and a second-best kind of life for yourself and your family. This is certain.

People who do not eat the right variety of foods are likely to get many kinds of sickness. We give them fancy medical names, those sicknesses, and wonder why we should be afflicted with them. Yet we can *escape* many of these sicknesses just by eating properly.

Severe malnutrition may lead to serious illnesses such as impaired vision, beriberi, scurvy, rickets, and pellagra. At least as serious is the general

**MINERALS** such as iron and calcium are the elements necessary for building and maintaining bones, teeth, and blood. Meat, milk, whole-grain cereals, and green vegetables contain them.

IN PLANNING YOUR MEALS USE CHART ON PAGES 8 AND 9

# Eat the RIGHT FOOD

## MILK AND MILK PRODUCTS

**Every child needs three-quarters to one quart of milk a day.**

**Every adult needs a pint or more of milk a day.**

Use whole or skim milk, evaporated or buttermilk.

Use milk to make soups, puddings, cakes, breads. You may count this as part of the milk you need daily.

Cheese is made of milk; use it in cooking; serve it on the table. One ounce of cheese may be taken in place of one glass of milk.

Keep milk cool, clean, and covered.

Keep cheese closely wrapped in a cool, dry place.

## ORANGES, GRAPEFRUIT, TOMATOES

**Serve at least one of these every day.**

Keep all fruits in a cool, protected place. Wash them before using.

Do not squeeze out fruit juice or open cans of fruit juice long before serving time.

Exposure to air destroys vitamin C, which these foods contain.

**PLAN YOUR MEALS BEFORE YOU BUY**

## MEAT, POULTRY, FISH

**Eat at least one serving of meat, poultry, or fish every day.**

Most meals are planned with meat as the main dish.

Serve different kinds of meat, fish, poultry, for variety.

Occasionally use liver, kidney, heart, and such saltwater fish as salmon, herring, and mackerel.

Keep fresh or cooked meat and fish in a cold place.

Cook meat slowly to prevent shrinkage.

Broil or bake tender cuts; braise less tender cuts to make them tender and tasty.

All grades of meat have high food value.

## EGGS

**Serve an egg a day, or at least three a week for each person.**

Keep eggs cool. Use eggs cooked in any way and in custards, puddings, sauces, and in baking.

Cook eggs slowly.

Fast cooking toughens the whites.

**HEALTH MEANS VICTORY**
**EAT RIGHT TO WORK AND WIN**

## SWEETS

Use sugar and other sweets in moderation, not enough to spoil the appetite for other foods. Count sweet desserts, molasses, syrups, honey, jellies, jams, sugar, and candies as sweets.

PAGE 8

# to Help Keep You Fit

## LEAFY, GREEN, OR YELLOW VEGETABLES

**erve one or more big helpings every ay — some raw, some cooked.**

| EAFY VEG. | GREEN VEG. | YELLOW VEG. |
|---|---|---|
| ettuce—cabbage | Green lima beans | Carrots |
| hard—spinach | Broccoli | Squash |
| lustard, beet, and other greens | String beans | Sweet potato |
| ale | Brussels sprouts | Yellow corn |
| Vatercress | Peas | Pumpkin |

Green outer leaves contain more vitamin A than inner bleached leaves.

Keep vegetables covered in a cool place.

Cook vegetables in as little water as possible, in a covered container.

Cooking them too much destroys vitamins, color, texture, flavor.

## OTHER VEGETABLES, FRUIT

**Eat two or more servings daily of any of these:**

ANY FRESH, CANNED, OR QUICK-FROZEN VEGETABLE:

| | | | |
|---|---|---|---|
| Beets | Cauliflower | Kohlrabi | Onions |
| Potatoes | Eggplant | Radishes | Celery |

ANY DRIED VEGETABLE, SUCH AS:

Dried peas Dried beans Soybeans Lentils

ANY FRESH, CANNED, OR QUICK-FROZEN FRUIT:

Apples Pears Peaches Grapes Berries

ANY DRIED FRUIT, SUCH AS:

| | | |
|---|---|---|
| Apricots | Raisins | Peaches |
| Dates | Prunes | Apples |

Use them fresh, stewed, baked, canned, preserved; with cereals, in salads, puddings, and other desserts.

## CEREALS AND BREAD

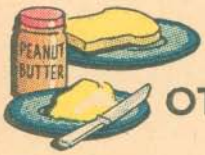
**At least two servings of whole-grain products or enriched bread should be eaten daily.**

Use enriched flour and bread or whole-grain bread or cereals, such as dark rye or whole wheat bread, rolled oats, cracked wheat, whole-ground corn meal.

Many breakfast foods are restored to whole-grain value.

Keep cereals and bread in closed containers.

Dry bread may be toasted, used in puddings or stuffings, or as bread crumbs.




## BUTTER, OTHER SPREADS, FATS

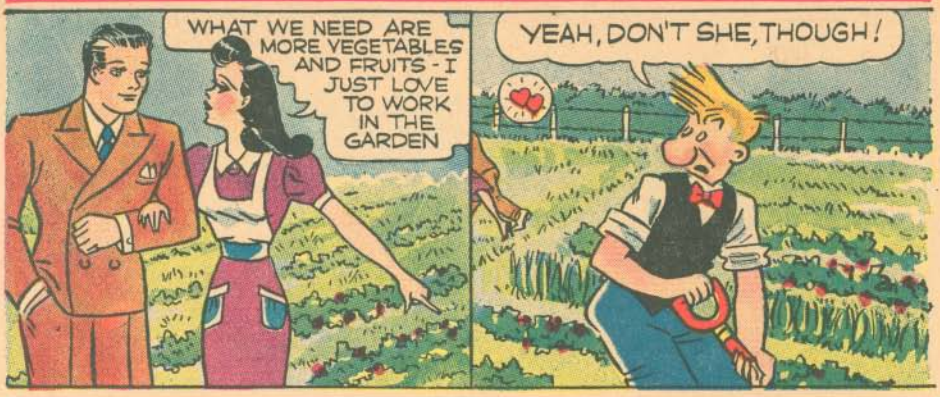
**Serve one-half to one pound of fat every week for each person.**

Use butter, margarine fortified with vitamin A, peanut butter, lard, shortening, salad oils, and cream.

They all furnish concentrated energy.

**THE RIGHT FOOD ADDS YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS**

For the Government's Official Food Rules, on which this chart is based, see Page 15.




lowering of vitality and capacity to work which comes from failure to eat the right variety of food.

Does this sound like the medicine man's Chamber of Horrors? Well, keep it in mind, but don't brood over it. For if your family eats the basic foods you can laugh in the teeth of this man-made nightmare.

What, specifically, to do?

*Four things,* easy to remember, easy to do, if you get the habit.

*The first step* is to PLAN YOUR MEALS before you go to market. You are going to have some kind of meat or fish or poultry, some vegetables, some cereals and bread, eggs, milk, butter, fruit, and so on. You can decide which ones to buy when you get to the store and see what is fresh and good and plentiful.

*Step number two* is to make sure that your family gets some of these foods *every day:*

*Milk* For a growing child, ¾ to 1 quart every day. For other family members, 1 pint or more.

*Tomatoes, oranges, grapefruit, green cabbage, raw salad greens* One or more servings.

## The Phantom . . by Lee Falk and Ray Moore

FRIED MUSH AND EGGS--UM-THAT SMELLS GOOD!
SURE, DIANA, THE DAY ALWAYS STARTS RIGHT, AFTER A GOOD BREAKFAST OF CEREAL, EGGS, BACON, BREAD---

*Leafy, green, or yellow vegetables*—One or more servings for each person.

*Other vegetables, fruit*—Two or more servings.

*Eggs*—One egg every day, or at least 3 each week.

*Meat, poultry, fish*—At least 1 serving a day.

*Cereals and bread*—At least 2 servings of whole-grain products or "enriched" bread—or cereals restored to whole-grain value.

*Fats*—Serve ½ to 1 pound to each person each week.

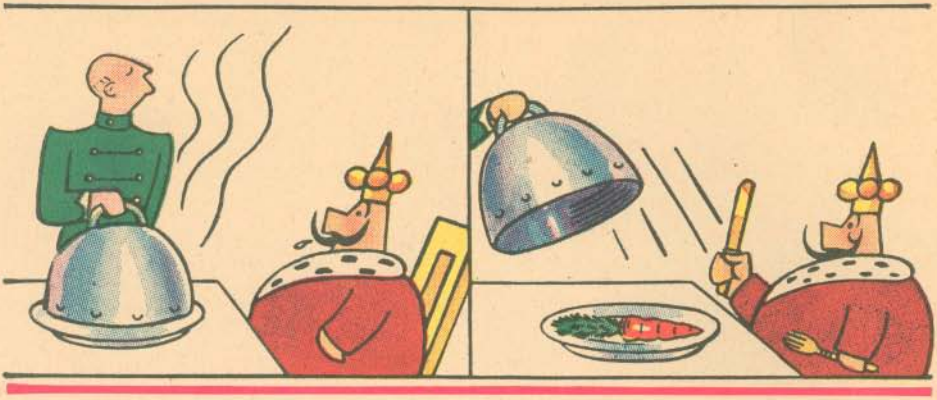
*Sweets*—Use sugar and other sweets in moderation.

*Water*—Six or more glasses each day.

**VITAMINS** are substances which are found in many foods and are necessary to growth and general good health. Without them the minerals, proteins, carbohydrates, and fats are not properly used in the body. Vegetables, fruits, milk, meat, fish, whole wheat or enriched bread, and eggs are excellent sources of vitamins.

IN PLANNING YOUR MEALS USE CHART ON PAGES 8 AND 9

*Step number three* is PROPER COOKING. Don't use too much water in cooking foods. When you cook with water, it is very easy to cook the vitamins right out of the foods. Always *save the water* in which foods are cooked. Don't throw it down the sink.



Maybe the best part of the food is in that water. Use that water for *soup, gravy, or sauce.* One expert says, "If it were alive, the sink would be the healthiest person in most households."

Also, see how much variety you can get into the foods you select. We all like a change. There is a wide choice of meats and vegetables that are all chock-full of good proteins, minerals, and vitamins. Try different ones. Get some good cookbooks which you know are reliable and go adventuring in them.

It is possible that there will be an undersupply of some foods as a result of the War, but, by using the information in this booklet, you can always have a balanced diet.

*Step number four* is to make mealtime funtime. A sauce of humor is as good as a sauce of mushrooms, so far as digestion is concerned. And not even ice cream tastes good when the cook looks and acts glum.

If you give a dish the proper build-up, you can make your family like almost any food that's good for them.

## Bringing Up Father . . . by George McManus

*Here are your rewards:*

- fine, healthy children who are bubbling over with pep and better able to do their school work.
- more energy for men and women who work. They don't get tired so easily. They are not so likely to catch cold. After a hard day's work they are ready for some fun in the evening.
- old people who still like a good time. Their bodies are still spry. Their minds are still keen. They don't feel old and they don't act old.
- you work better—you *feel* better—you are less likely to get run down, cross, or nervous. The right food adds years to your life and life to your years.
- and (an important thing to keep in mind) this program needn't cost you a cent more. You may even be able to save on your food money.

These are the reasons why America wants every man, woman, and child to eat the right food. Now more than ever we need strong, healthy bodies—good eyes—strong teeth—steady nerves—clear heads. We must ***EAT RIGHT to Work and Win!***

**ARBOHYDRATES** are
ady sources of heat and energy.
tatoes, bread, and cereals are
incipal carbohydrate sources.
me may be turned to fat in the
dy.

PLANNING YOUR MEALS USE CHART ON PAGES 8 AND 9

# A QUIZ ON RIGHT EATING

Here is an easy, entertaining test of what you have learned from this book. Can you supply the right answers to these ten questions? Score ten for each right answer. If you answer all of them correctly, you get one hundred. A score of ninety is excellent; seventy to eighty, good; sixty, fair. Below that, you'd better go back and read it again, just to be sure.

| | SCORE |
|---|---|
| 1. Which of the following is a rich source of protein: (a) leafy green vegetables; (b) butter; (c) meat. (Page 3 for the right answer but don't peek.) | |
| 2. Name five of the eight kinds of food that should be eaten every day. (Pages 8, 9, 10, 11.) (Count two for each kind named correctly.) | |
| 3. You should eat at least one serving of meat, poultry, or fish (a) every week; (b) every meal; (c) every day. (Page 8.) | |
| 4. An adult needs (a) three to four eggs a week; (b) two eggs every day; (c) eggs for Sunday breakfast only. (Pages 8 and 11.) | |
| 5. Water in which vegetables have been cooked should be (a) thrown down the sink; (b) used in soups, gravies, and in cooking meats; (c) fed to the neighbor's cat. (Pages 11 and 12.) | |
| 6. Name the five basic elements in foods. (Pages 3, 5, 7, 11, 13.) (Count two for each correct answer.) | |
| 7. A child needs about one quart of milk (a) every week; (b) every day; (c) every other day. (Pages 8 and 10.) | |
| 8. Name five green vegetables and five yellow vegetables. (Page 9.) (Score one for each correct vegetable named.) | |
| 9. A vitamin is (a) something you take when you're sick; (b) a kind of food that makes you fat; (c) substances found in many foods which are necessary to growth and proper functioning of the body. (Page 11.) | |
| 10. One ounce of cheese is equal in food value to (a) a half glass of milk; (b) an ounce of milk; (c) a whole glass of milk. (Page 8.) | |
| | YOUR TOTAL SCORE |

# U.S. NEEDS US STRONG

# EAT NUTRITIONAL FOOD

## *Every day, eat this way*

**MILK and MILK PRODUCTS**

. . . at least a pint for everyone — more for children — or cheese or evaporated or dried milk.

**BREAD and CEREAL**

. . . whole grain products or enriched white bread and flour.

**ORANGES, TOMATOES, GRAPEFRUIT**

. . . or raw cabbage or salad greens — at least one of these.

**MEAT, POULTRY or FISH**

. . . dried beans, peas or nuts occasionally.

**GREEN or YELLOW VEGETABLES**

. . . one big helping or more — some raw, some cooked.

**EGGS**

. . . at least 3 or 4 a week, cooked any way you choose — or in "made" dishes.

**OTHER VEGETABLES, FRUIT**

. . . potatoes, other vegetables or fruits in season.

**BUTTER and OTHER SPREADS**

. . . vitamin-rich fats, peanut butter, and similar spreads.

## *Then eat other foods you also like*

DO YOUR PART IN THE NATIONAL NUTRITION PROGRAM

Office of Defense Health and Welfare Services, Washington, D. C.

# I MAKE THIS PLEDGE TO MY COUNTRY

★ **I have read this booklet carefully, and have made a good score on the quiz questions.**

★ **I have learned what kinds of food make up a well-balanced diet, and will serve them to my family.**

★ **In this way I shall help to keep my family strong and well, and prepared to do our best to help America win the War.**

*For additional copies of this booklet, write*
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